

# Diabetes

## Numbers to know...

The targets listed below are suggested by the National Institutes of Health and the American Diabetes Association. Talk to your health care provider about your ABC targets.

Tests	Target	How Often?
<b>A1C</b> (glucose average)	Below 7*	At least twice a year
<b>Blood Pressure</b>	Below 130/80	At every visit
<b>Cholesterol</b> (LDL)	Below 100	At least once a year

\*An A1C of 7 equals an average blood glucose of 150.

Name \_\_\_\_\_

Diabetes Care Provider \_\_\_\_\_

Diabetes Care Provider Telephone \_\_\_\_\_

Emergency Phone Number \_\_\_\_\_

Insurance ID Number \_\_\_\_\_



For more information, visit the National Diabetes Education Program at <http://ndep.nih.gov> on the Internet.

## Need help?

- ♥ **American Association of Diabetes Educators**  
800-TEAM-UP4  
[www.aade.net.org](http://www.aade.net.org)
- ♥ **American Diabetes Association**  
800-342-2383  
[www.diabetes.org](http://www.diabetes.org)
- ♥ **American Dietetic Association**  
800-366-1655  
[www.eatright.org](http://www.eatright.org)
- ♥ **American Heart Association**  
800-AHA-USA1  
[www.americanheart.org](http://www.americanheart.org)
- ♥ **National Heart, Lung, and Blood Institute**  
301-592-8573  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- ♥ **National Diabetes Information Clearinghouse**  
800-860-8747  
[www.niddk.nih.gov](http://www.niddk.nih.gov)



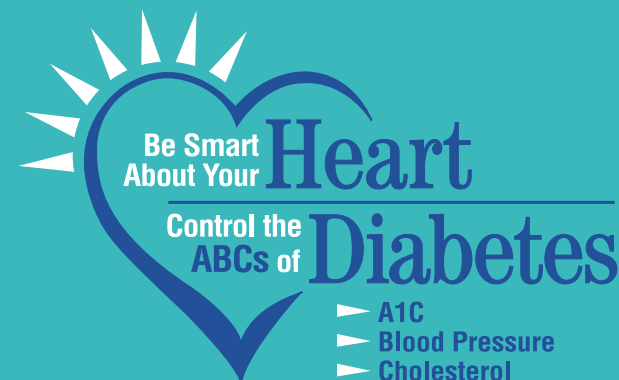
The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

Website: <http://ndep.nih.gov>

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**diabetes**  
you are at high risk for  
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**If you have diabetes, you are at high risk for heart attack and stroke.**

Heart disease is more likely to strike you—and at an earlier age—than someone without diabetes.

**But you can fight back.** Be smart about your heart. Take control of the ABCs of diabetes and live a long and healthy life.

## A is for A1C

The A1C (A-one-C) test—short for hemoglobin A1C—measures your average blood glucose (sugar) over the last 3 months.

**Target number: below 7**

## B is for blood pressure

High blood pressure makes your heart work too hard.

**Target number: below 130/80**

## C is for cholesterol

Bad cholesterol, or LDL, builds up and clogs your arteries.

**Target LDL number: below 100**

**Ask** your health care provider these questions:

- 1** What are my ABC numbers?
- 2** What should my ABC target numbers be?
- 3** What actions should I take to reach my ABC target numbers?

**Take action now** to lower your risk for heart attack and stroke and other diabetes problems:

- ♥ Get physical activity every day.
- ♥ Eat less fat and salt.
- ♥ Eat more fiber—choose whole grains, fruits, vegetables and beans.
- ♥ Stay at a healthy weight.
- ♥ Stop smoking—ask your provider for help.
- ♥ Take medicines as prescribed.
- ♥ Ask your doctor about taking aspirin.
- ♥ Ask others to help you manage your diabetes.

**Be smart about your heart!**

**Keep a record** of your ABCs!

Tear off this card and keep it in your wallet so you can track your ABCs when you visit your health care provider. Work with your provider to reach your target numbers.

## My ABCs Record

<b>A1C</b> (Glucose average)				
<b>Target: Below 7    My A Target</b> _____				
Date				
Result				
<b>Blood Pressure</b>				
<b>Target: Below 130/80    My B Target</b> _____				
Date				
Result				
<b>Cholesterol</b> (LDL)				
<b>Target: Below 100    My C Target</b> _____				
Date				
Result				

## My ABC Medicines

**A1C** (Glucose average) \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_

**Cholesterol** (LDL) \_\_\_\_\_